



Welcome to  
Olympic Medical Center's

## Room Service Dining

Fast, friendly service and good food prepared by chefs Matt and Brian  
Ready to serve you 7:30am - 6:30pm

Please plan your meal around your treatment, medications, and insulin.

Dial **63257** to place your order.

Stay on the line to ensure you do not get bumped to the end of the queue.

Your calls may be monitored for quality assurance.

We pledge to deliver your meal hot and fresh within 40 minutes.

Our café is open 7:00am to 7:00pm for family and friends.

**Breakfast** Served ~ 7:30 am to 10:00 am

### Cereals

oatmeal	raisin bran	cheerios
cream of wheat	corn flakes	granola
cream of rice		

### Fruits

cantaloupe	fresh fruit cup	grapes
bananas	sliced peaches	raisins
apple slices	applesauce	pears
orange wedges	blueberries	

### Breakfast à la Carte

#### Yogurt

strawberry    vanilla    peach

#### Yogurt Banana Split

Vanilla yogurt topped with strawberries, pineapple and bananas, sprinkled with granola and served with a cherry on top!

#### Breads & Toast

wheat	sourdough	rice cakes
7-grain	raisin bread	cinnamon roll
white	bagel	homemade muffin
rye	english muffin	

### Morning Favorites

With choice of:

egg substitute    hashbrowns    toast

#### Traditional

Two eggs, served your way with your choice of bacon, ham, or sausage.

#### Veggie Scramble

Two eggs scrambled with assorted vegetables (zucchini, onion and tomatoes) & cheddar cheese.

#### Fluffy Two Egg Omelet

ham & cheese • spinach & cheese • sautéed vegetables

#### Breakfast Burrito

Scrambled eggs and cheese wrapped in a warm flour tortilla, served with salsa.

#### Breakfast Sandwich

Egg & cheese on english muffin.


#### Pancakes • French Toast •

#### Belgian Waffles

Maple syrup or strawberry sauce, and a side of bacon, ham, or sausage link.

# Lunch and Dinner

Served ~ 10:30 am to 6:30 pm

 **63257** For Service (or to place advance orders)

## Savory Soups

homemade soup of the day  
cream of tomato      chicken noodle  
cream of mushroom      cream of chicken  
vegetable soup in beef broth  
chicken, beef or vegetable broth

## Deli Sandwiches *Half or whole*

<b><u>Bread</u></b>	wheat	7-grain	marbled rye
bagel	white	tortilla	sourdough

<b><u>Filling</u></b>	turkey	egg salad	roast beef
ham	chicken salad	tuna salad	
	peanut butter and jelly		

<b><u>Tasty</u></b>	lettuce	tomato	pickles
<b><u>Extras</u></b>	mayo	mustard	ketchup
	onions	peppers	bacon

<b><u>Cheese</u></b>	American	Cheddar	Swiss
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## The Grill

### **Hamburger or Veggie Burger**

Grilled patty on a whole wheat bun, served with mayo, lettuce, tomato and a pickle.

### **Grilled Cheese Sandwich**

American cheese on white or wheat bread, grilled to a toasty, golden brown.

### **Grilled Chicken or Fish Sandwich**

Boneless breast of chicken or seasoned fish filet with basil mayo, lettuce and tomato on a wheat bun.

### **French Dip**

Tender sliced roast beef on a crusty French roll, served with hot au jus.

## Side Selections that make it a meal

fruit medley • salad (garden, spinach or Caesar) • coleslaw • potato salad • pasta  
whipped or baked potatoes • cottage cheese • baked fries • chips • steamed rice • rice pilaf

**Vegetables** broccoli • carrots • corn • diced yams • green beans • peas • zucchini

## Condiments

salt & pepper	sugar	lemon wedges
Mrs. Dash	brown sugar	creamer
ketchup	Splenda	Coffee Mate
Tabasco	honey	cream cheese
salsa	jelly	Smart Balance
sour cream	syrup (reg/diet)	butter

## Beverages

<b>Coffee / Tea</b>	<b>Milk</b>	<b>Juices</b>
regular	Whole	apple
decaf	2%	orange
herbal	fat free	grape
hot cocoa (reg/sugar free)	chocolate	cranberry
iced tea	Lactaid	prune
	vanilla soy	V-8 (low sodium)
	buttermilk	pineapple

bottled water • Gatorade • lemonade •  
milkshake • cola (reg/diet) • Crystal Light •  
lemon/lime soda (reg/diet) •  
Boost Plus (chocolate/vanilla)



**BREAKFAST FROM**



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## Entree Salads

### ***Fruit Plate***

A medley of fruit, fresh or canned, served with yogurt or cottage cheese.

### ***Caesar Salad***

Crisp romaine lettuce, parmesan cheese, croutons and Caesar dressing.  
Grilled chicken on request.

### ***Chef Salad***

Mixed greens, sliced cucumbers, carrots and tomatoes topped with julienne turkey, ham, cheese and hard-boiled egg.

### **Dressings**

1000 Island	Italian
Vinegar and Oil	French
<b>Light Ranch</b>	<b>Fat free</b> Italian
<b>Low cal / low sodium</b>	Italian or French



## Pasta Plus

### ***Spaghetti with Meatballs***

Tender noodles, marinara sauce and tasty meatballs sprinkled with parmesan.

### ***Pasta Primavera***

Tomatoes, carrots, snow peas, mushrooms, olives and noodles tossed in a lemon vinaigrette.

### ***Rice & Bean Burrito***

Black beans, corn, rice & cheese in a warm tortilla, topped with sour cream & salsa.

## The Main Course

### ***Beef Medallions***

Tenderloin tips in a light mushroom sauce.

### ***Northwest Salmon***

Salmon filet marinated and grilled to a moist, flaky perfection.

### ***Classic Meatloaf***

“Mom’s Special” baked and covered with a rich savory gravy.

### ***Lemon Crusted Cod***

Oven baked cod with a hint of lemon. Moist, flaky and tender.

### ***Hearty Beef Stew***

Tender pieces of beef & chunky vegetables in a tasty broth.

### ***Personal Size Pizza***

Cheese • Sausage • Veggie

### ***Herb Seared Breast of Chicken***

Seasoned with a blend of spices, seared to lock in flavor and baked to a golden hue.

### ***Crispy Chicken Strips***

Breaded chicken strips baked and served with ranch or BBQ dipping sauce.

### ***Hot Roast Beef or Turkey Sandwich***

Tender slices of meat in rich, savory gravy served open-faced on your choice of bread.

### ***Chicken Cheese Enchilada***

Tortilla filled with a savory stuffing, topped with a mild red chili sauce and sprinkled with cheese.

## Healthy Snacks

**Veggie Plate** with ranch dressing • **Apple Slices** with peanut butter or cheese slice •  
**Meat & Cheese Plate** (turkey, ham or roast beef with swiss, cheddar or american) •  
**Fresh Fruit** apple, banana or orange

## Desserts

### Pies

apple  
lemon meringue

### Cake

angel food w/ fruit sauce  
chocolate lava

### Pudding

chocolate  
vanilla  
tapioca  
custard

vanilla ice cream  
orange sherbet  
popsicle  
chocolate chip cookie  
peanut butter cookie

## Low Carb Desserts

jell-o • chocolate pudding • cheesecake

## Nourishing Extras

Boost Plus (chocolate, vanilla)  
Boost Glucose Control  
Boost Pudding (chocolate, vanilla)  
Katie Shake (orange, strawberry)

*If your Physician has ordered a liquid or transitional diet for you,  
please make your meal selections from the following lists.  
If you don't know your Physician-ordered diet, please ask your nurse.  
Our Dietary staff can help you with your selections when you call.*

### **Clear Liquid Diet Menu**

*This diet includes any foods that are  
liquid at room temperature:*

Broth ~ chicken • beef • vegetable  
Juice ~ cranberry • apple • grape  
Jell-O ~ strawberry • orange  
Jell-O diet ~ lemon-lime • orange  
Coffee ~ regular • decaf  
Tea ~ regular, decaf • iced • herbal  
Gatorade  
Popsicles ~ cherry • orange • grape


### **Full Liquid Diet Menu**

*This diet includes all clear liquid food items  
to the left **plus** the following items:*

Soups ~ cream of chicken  
mushroom • tomato  
Cereal ~ cream of rice • cream of wheat  
Juice ~ orange • pineapple • prune  
Pudding ~ vanilla • chocolate • tapioca  
custard • sherbet • vanilla ice cream  
Milk ~ whole • 2% • skim • lactose-free  
chocolate • vanilla soy  
Yogurt ~ vanilla  
Katie Shakes • Boost Pudding •  
Milkshakes • Boost Plus

For a nominal fee, patients may order meals for a family member or loved one,  
which will be delivered along with your meal.

Simply ask your guest to prepay in the Café before ordering.

 **63257**  
For Service

Rev. 09-15

**BUEN PROVECHO ~ TO YOUR HEALTH!**

Our goal is to exceed your expectations! Tell us how we are doing  
and what more we can do for you.

Complete the comment card and leave it for us on your tray.

